



Lighter apple & pear pie



Vegetarian



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



405 kcal

DESSERT

Ingredients

- ☐ 6 apples (we used Braeburn)
- ☐ 4 pears ripe
- ☐ 1 lemon zest
- ☐ 3 tbsp agave nectar
- ☐ 1 tsp spice mixed
- ☐ 1 tbsp cornstarch
- ☐ 4 sheets dough
- ☐ 4 tsp canola oil

- ☐ 25 g almonds flaked
- ☐ 6 servings vanilla yogurt (fat-free frozen with custard powder and skimmed milk), greek yogurt or low-fat vanilla yogurt

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ potato masher
- ☐ slotted spoon
- ☐ pie form

Directions

- ☐ Peel, core, and chop the apples and pears into large pieces, and throw into a big saucepan with the lemon juice, agave syrup, mixed spice and 200ml water. Bring to a simmer with the lid on, then take off the lid and cook, stirring, for about 5 mins until the apple is softening. Use a slotted spoon to scoop out three-quarters of the fruit chunks and put into a pie dish.
- ☐ Cover and cook the remaining fruit for another 4–5 mins until soft, then mash with a potato masher.
- ☐ Mix 1 tbsp of this with the cornflour to a smooth paste, then add back to the pan and bring back to a simmer, stirring, to thicken the sauce.
- ☐ Pour over the fruit in the pie dish and stir together.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Lay out your sheets of filo and brush all over with oil 1 tsp should be enough for 1 sheet. Scatter over the almonds and press to stick to the pastry, then crumple up each sheet as you lift it on top of the fruit.
- ☐ Bake for 20–25 mins until the pastry is browned and crisp.
- ☐ Serve straight away.

Nutrition Facts



Properties

Glycemic Index:21.96, Glycemic Load:15.59, Inflammation Score:-5, Nutrition Score:11.440000180317%

Flavonoids

Cyanidin: 5.4mg, Cyanidin: 5.4mg, Cyanidin: 5.4mg, Cyanidin: 5.4mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg Epicatechin: 18.19mg, Epicatechin: 18.19mg, Epicatechin: 18.19mg, Epicatechin: 18.19mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg, Quercetin: 8.31mg

Nutrients (% of daily need)

Calories: 404.52kcal (20.23%), Fat: 10.44g (16.06%), Saturated Fat: 3.13g (19.54%), Carbohydrates: 77.77g (25.92%), Net Carbohydrates: 68.77g (25.01%), Sugar: 55.19g (61.32%), Cholesterol: 1.44mg (0.48%), Sodium: 127.64mg (5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Fiber: 9g (35.99%), Vitamin C: 17.2mg (20.85%), Vitamin B2: 0.35mg (20.51%), Manganese: 0.34mg (16.94%), Phosphorus: 157.47mg (15.75%), Potassium: 528.5mg (15.1%), Vitamin E: 2.26mg (15.09%), Calcium: 140.91mg (14.09%), Vitamin K: 14.35µg (13.67%), Copper: 0.24mg (11.76%), Vitamin B1: 0.16mg (10.85%), Magnesium: 41.38mg (10.35%), Vitamin B6: 0.2mg (10.19%), Folate: 34.43µg (8.61%), Selenium: 5.87µg (8.39%), Iron: 1.3mg (7.21%), Vitamin B5: 0.69mg (6.95%), Vitamin B3: 1.31mg (6.57%), Vitamin A: 282IU (5.64%), Zinc: 0.7mg (4.65%), Vitamin B12: 0.21µg (3.48%)